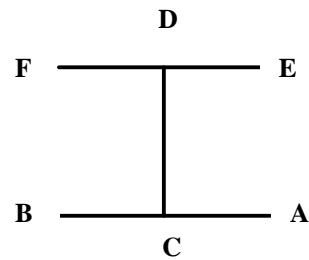


# YUL-GOK



Movements - 38

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.

2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.

**Perform 2 and 3 in a fast motion.**

4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.

5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.

6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

**Perform 5 and 6 in a fast motion.**

7. Move the right foot to A forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.

8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.

9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.

10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. **Perform 9 and 10 in a fast motion.**

11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.

12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.

13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.

14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. **Perform 13 and 14 in a fast motion.**

15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.

16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.

17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. **Execute 16 and 17 in a connecting motion.**

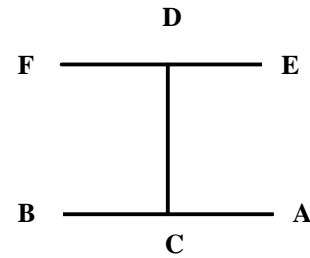
18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.

19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.

20. Execute a middle punch to D with the left fist while maintaining a left walking stance

toward D. Execute 19 and 20 in a connecting motion.

middle thrust to F with the left straight finger tip.



21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.

32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.

22. Turn the face toward D forming a right bending ready stance A toward D.

33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.

23. Execute a middle side piercing kick to D with the left foot.

34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.

24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.

35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.

25. Turn the face toward C forming a left bending ready stance A toward C.

36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.

26. Execute a middle side piercing kick to C with the right foot.

37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.

27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.

28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.

38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.

29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.

END: Bring the left foot back to a ready posture.

30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.

31. Move the left foot to F forming a left walking stance toward F while executing a